

# UMC Newsletter

November 5, 2021

Volume 3, Number 5



**We'd love to hear  
your feedback!**

## In this Issue:

**1. Message from  
the Chair**

**2. UMC Mission &  
Vision**

**3. Employee  
Recognition**

**4-5. What's Happening @  
UMC**

**6-7. November Is...**

**8-10. Community Resources  
& Events**

**11-15. Wellness News**

**16. UMC in the News /  
DC COVID Numbers**

Dear UMC Colleagues:

Welcome to Fiscal Year 2022! Your continued service and support are critical to our mission of providing quality care to residents in our community.

With your assistance and dedication, we were able to end Fiscal Year (FY) 2021 with a balanced budget. This allowed the Fiscal Management Board to approve FY 2021 salary increases and retroactive payments. However, our work is not done. UMC will be open and fully operational for at least another three years, and as such, we ask that you continue to focus on performing your daily duties in the exceptional way that you always have. And, we continue to welcome your waste-reduction ideas and suggestions. They are needed to help us achieve success in FY 2022. Please email any ideas that you have to: [TeamUMC@united-medicalcenter.com](mailto:TeamUMC@united-medicalcenter.com)

Thank you again for your cooperation and continued commitment to UMC!

Sincerely,

A handwritten signature in black ink, appearing to read "Angell Jacobs".

Angell Jacobs  
Chairperson  
Fiscal Management Board  
Not-For-Profit Hospital Corporation

1310 Southern Ave. SE  
Washington, DC 20032  
202-574-6000  
[Unitedmedicaldc.com](http://Unitedmedicaldc.com)



Who We Are...

Our Mission  
&  
Our Vision

The Not-for-Profit Hospital Corporation, commonly known as United Medical Center or UMC is a District of Columbia government acute care hospital servicing Southeast DC and surrounding Maryland communities

## Our Mission

United Medical Center is dedicated to the health and well-being of individuals and communities entrusted in our care

## Our Vision

UMC will be an efficient, patient-focused, provider of high quality healthcare the community needs

UMC will employ innovative approaches that yield excellent experiences

UMC will empower healthcare professionals to live up to their potential to benefit our patients

UMC will collaborate with others to provide high value, integrated and patient-centered services



Who We Are...

Values

## Values

### • *Compassion*

Empathy for patients, their families and staff is ingrained in our history and inspires our future. We do more than treat the patient we practice family-centered care as the cornerstone of compassion.

### • *Excellence*

Our promise to treat, prevent and cure disease is an enormous responsibility. We follow the highest standards of quality and safety and expect accountability from each other.

### • *Integrity*

At all times, we approach our work with openness, transparency, decency and humility. It is our responsibility to use resources wisely to sustain UMC for generations to come.

### • *Collaboration*

We work in partnership with patients, their families, staff, providers, volunteers and other caregivers. This spirit of respectful cooperation extends beyond our walls to our business partners and the community.

### • *Equity*

We embrace and find strength in the diversity of our patients, their families, staff and community. We believe all patients deserve exceptional care, the best outcomes, respect and a safe environment.

### • *Innovation*

We aspire to be an innovative leader in community healthcare and service. We continually seek new and better solutions. Because innovation springs from knowledge, we foster learning in all disciplines.

Who We Are...

Values



**UMC would like to welcome our newest members to the team!**

**Barbara Brittell, PA-C** - Emergency Medicine

**Destiny Mack, PA-C** - Emergency Medicine

**Mamoun Younes, MD** - Pathology

**Joseph Manley, MD** - Anesthesiology

**Nicole Williams, DO** - Emergency Medicine

**Christina Rombouts, PA-C** – Emergency Department

**Jerry Fitzgerald**, Psych Tech I

**Michael Chiugo**, Patient Sitter

**Madonna Coates**, Med/Surg Tech I

**Adeba Gebrehiwot**, Clinical Nurse II

**Moges Ambaw**, Med Technologist

**Alaiha Wiggins**, Cert Phleb/Access Tech

**Eli Battle**, Attendant

**Louis Barham**, Attendant

**Marcellus Freeman**, Patient Sitter

**Mariatu Jalloh**, Emergency Room Tech I

**Valencia Sanders**, Emergency Room Tech I

**Emebet Meskel**, Medical Assistant

**Jonathan Cooley Sr.**, Spec. Police Officer

# WHATS HAPPENING @ UMC

The Respiratory Therapy Department celebrated Respiratory Care Week October 24-30, 2021. The department was honored to be presented with a proclamation from Mayor Bowser in recognition of Respiratory Care Week, the profession, and those therapists serving the DC population. It was a fun time had by all!





**November 7 – 13, 2021**



**NATIONAL  
RADIOLOGIC  
TECHNOLOGY WEEK**

**On November 4, 2021 the Radiology Department held an Open House to celebrate UMC's new MRI Technology. MRI services will be available to the patients beginning November 8, 2021.**





## **7 Native American Inventions that Revolutionized Medicine & Public Health**

November is National American Indian Heritage Month, a time of recognition for the substantial contributions the first Americans made to the establishment and growth of the U.S. But, the month and remembrance, like many Native influences, still frequently go unrecognized in our day-to-day lives. Whether it's the invention of vital infrastructure such as [cable suspension bridges](#) or sport for fun like [lacrosse](#), so much of what exists in modern culture today is a direct result of what was created before newcomers occupied these lands.

And the world's health ecosystem, ranging from preventative measures to administration of medicine is no different, owing much of its practices and innovations to those ancestral peoples and healers.

Here are seven inventions used every day in medicine and public health that we owe to Native Americans. And in most cases, couldn't live without today:

### **1. Syringes**

In 1853 a Scottish doctor named Alexander Wood was credited for the creation of the first hypodermic syringe, but a [much earlier tool](#) existed. Before colonization, Indigenous peoples had created a method using a sharpened hollowed-out bird bone connected to an animal bladder that could hold and inject fluids into the body. These earliest syringes were used to do everything from [inject medicine to irrigate wounds](#). There are also cases in which these tools were even used to clean ears and serve as enemas.

### **2. Pain Relievers**

Native American healers led the way in pain relief. For example, willow bark (the bark of a tree) is widely known to have been ingested as an anti-inflammatory and pain reliever. In fact, it contains a chemical called [salicin](#), which is a confirmed anti-inflammatory that when consumed generates salicylic acid – the active ingredient in modern-day aspirin tablets.

In addition to many ingestible pain relievers, topical ointments were also frequently used for wounds, cuts and bruises. Two well-documented pain relievers include capsaicin (a chemical still referenced today that is derived from peppers) and jimson weed as a topical analgesic.

### **3. Oral Birth Control**

Oral birth control was introduced to the United States in the 1960's as a means of preventing pregnancy. But something with a similar purpose existed in indigenous cultures long before. Plant-based practices such as ingesting herbs [dogbane](#) and [stoneseed](#) were used for at least two centuries earlier than western pharmaceuticals to prevent unwanted pregnancy. And while they are not as effective as current oral contraception, there are studies suggesting stoneseed in particular has contraceptive properties.

### **4. Sun Screen**

North American Indians have medicinal purposes for more than 2,500 plant species – and that is just what's currently known between existing practices. But, for hundreds of years many Native cultures had a common skin application that involved mixing ground plants with water to create [products that protected skin from the sun](#). Sunflower oil, wallflower and sap from aloe plants have all been recorded for their use in protecting the skin from the sun. There are also noted instances of using animal fat and oils from fish as sunscreen.

### **5. Baby Bottles**

It wouldn't be considered sanitary – or safe – by today's standards, but long before settlers made their way to American lands, the Iroquois, Seneca and others created bottles to aid in feeding infants. The invention consisted of the insides of a bear and a bird's quill. After cleaning, drying and oiling [bear intestines](#), a hollowed quill would be attached as a teat, allowing concoctions of pounded nuts, meat and water to be suckled by infants for nutrition.

### **6. Mouth Wash & Oral Hygiene**

Although tribes across the continent used various plants and methods for cleaning teeth, it is rumored that people on the American continent had more effective dental practices than the Europeans who arrived. In particular areas, mouthwash was known to be made from a plant called [goldthread](#) to clean out the mouth. It was also used by many Native cultures as [pain relief for teething infants](#) or a tooth infection by rubbing it directly onto the gums.

### **7. Suppositories**

Hemorrhoids are nothing new. Nor is the pain and discomfort associated with having hemorrhoids. But before modern-day solutions and dietary changes, Indigenous peoples throughout the Americas created suppositories from [dogwood trees](#). Dogwood is still used today (although not often) externally for wounds. But hundreds of years ago small plugs were fashioned by moistening, compressing and inserting the dogwood to treat hemorrhoids.



# Community Resources & Events

## Are you ready to Fight Diabetes with Food?

- What:** A recurring eight-week nutrition class series
- When:** Every Tuesday from 3-4 p.m. ET (12-1 p.m. PT) with series 2 starting Nov. 2, 2021
- Where:** Zoom
- Why:** To learn how to improve your prediabetes or diabetes with an easy, lifesaving approach



Register at [PCRM.org/DiabetesClass](https://PCRM.org/DiabetesClass) today!

**FREE!**

on-demand recordings and an e-cookbook available for registrants!

**COMMUNITY HARVEST DINNER & WINTER COAT GIVEAWAY**

 (10AM - 4PM)

Sponsored by: **amazon**  **PEPSICO**  (11AM - 3PM)



FREE Winter Coats | Outdoor Dining | Grab-n-Go Meals | Live Entertainment

**SATURDAY NOVEMBER 20**

Our Lady of Perpetual Help - 1600 Morris Road SE


**PARKING LOT POETRY**



 

Date: 11/20/21  
Time: 8AM

Calling ALL POETS to Pause for the Cause  
Please DM if interested in performing

ALL PERFORMING POETS MUST DONATE A COAT OR PURCHASE FROM OUR AMAZON SMILE CHARITY LIST.



 calmunityexpressives 

Garfield Park  
1-299 South Carolina Ave, SE  
Washington, DC 20003  
Next to the bridge



## FOR IMMEDIATE RELEASE

### National Black Nurses Association Launches New Podcast Series for Nurses

*Unmasked: Profiles in Humanity and Resiliency*

**SILVER SPRING, MD, (Oct. 27, 2021)** – The National Black Nurses Association (NBNA) is releasing today [\*Unmasked: Profiles in Humanity and Resiliency\*](#), a new podcast series featuring five discussions from Imana “Mo” Minard, Dr. Nicolette Louissaint, Rasheda Hatchett and Chandra Brown – four health care professionals who share their personal insights and perspectives about the importance of being resilient despite any trials or tribulations. Sponsored by Johnson and Johnson, the podcasts are candid, transparent and deliver an authentic conversation on how resiliency means to transcend surviving and move up to a level of thriving.

“NBNA’s commitment to serving the needs of our nurses throughout the nation is extremely important. The NBNA podcast series offers candid conversations from experts in the field who share personal stories with practical tools,” states Dr. Martha A. Dawson, President and CEO of NBNA. “They are also real people with real-life challenges and experiences which is extremely important towards inspiring other nurses to find their inner resilience.”



#### Listen to Unmasked: Profiles in Humanity and Resiliency Five-Part Podcast Series:

[Part 1: What Really is Resiliency?](#)

[Part 2: Resiliency is Leaning Towards Wholeness.](#)

[Part 3: Creating Space for Resiliency to Grow.](#)

[Part 4: Connecting Resiliency with Opportunity.](#)

[Part 5: Reflections on Unmasking Profiles in Humanity and Resiliency.](#)

#### About the Series Participants



The podcast host for the series is **Imana “Mo” Minard, MSN-ed, RN, CENP, EMT-P**, a Director of Nursing for Beaumont Farmington Hills in Southeast MI. She is Certified in Executive Nursing Practice through the American Organization of Nursing Leadership, an award-winning radio host and prominent nurse influencer in Metro Detroit.



**Nicolette Louissaint, PhD**, serves as Executive Director of Healthcare Ready, a non-profit organization that focuses on strengthening the United States’ healthcare supply chain preparedness and response before, during and after natural disasters and disease outbreaks.



**Rasheda Hatchett, MN, RN**, is CEO of Hatchett Media, a Coach, Entrepreneur, Author, Speaker, and resilience expert. She has deep roots in leading and mentoring women to find their voice and hone their unique leadership vision.



**Chandra Brown** is Executive Director of Lifelines Counseling Services, an independent, nonprofit organization that partners with human service organizations worldwide to improve service delivery outcomes by developing, applying, and promoting appropriate best practice standards.

To become a member of the National Black Nurses Association, visit [www.nbna.org](http://www.nbna.org).

To join the conversation on social media, follow NBNA on [Twitter](#), [Instagram](#), and [Facebook](#) and use the hashtags **#NBNACelebrates50Years**, **#NBNAResilient**

###

### **About the National Black Nurses Association**

Founded in 1971, the National Black Nurses Association (NBNA) is a professional organization representing 308,000 African American registered nurses, licensed vocational/practical nurses, and nursing students in 111 chapters and 34 states. The NBNA mission is “to serve as the voice for Black nurses and diverse populations ensuring equal access to professional development, promoting educational opportunities and improving health.” NBNA chapters offer voluntary hours providing health education and screenings to community residents in collaboration with community-based partners, including faith-based organizations, civic, fraternal, hospitals, and schools of nursing. For more information, visit [nbna.org](http://nbna.org). Follow us on [Instagram](#), [Facebook](#), and [Twitter](#)!

**#NBNAResilient, #NBNACelebrates50Years**

# Wellness News

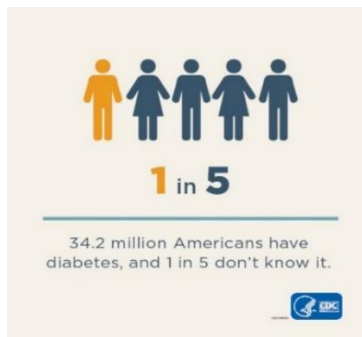


Let's Talk Diabetes: American Diabetes Month  
Issue XI ■ November, 2021

## Diabetes Awareness: Because it Matters!

November is a month that sheds light on one of the most prevalent chronic conditions in the United States, Diabetes. Nearly 34.2 million US adults have this condition, and about 1 in 5 of them don't even know they have it.

What is Diabetes? Click [here](#) to watch a short video from the CDC that outlines the disease and its different forms.



## Prediabetes

Prediabetes is a **serious** health condition where your blood sugar levels are higher than the normal range, but not yet high enough to be diagnosed as diabetic.

Prediabetes puts you at increased risk for developing:

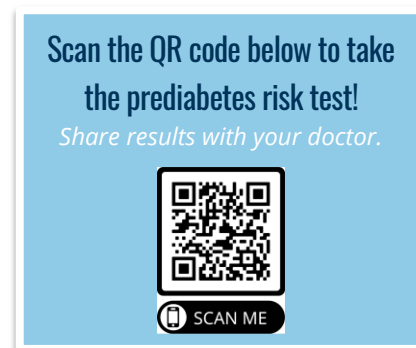
- Type 2 Diabetes
- Heart Disease
- Stroke

**It's important to understand that prediabetes is reversible with simple lifestyle changes.**

The scary truth is that many people can have prediabetes for years and not know until a serious health problem arises. Be sure to talk with your doctor about getting your blood sugar tested if you have any of the below risk factors:

## Prediabetes Risk Factors

- Being Overweight
- Being 45+ years old
- Having an immediate family member with type 2 diabetes
- Not being physically active (less than 3x/week)
- Either having gestational diabetes (diabetes during pregnancy) or having a baby weighing 9+ pounds
- Race/Ethnicity are also a factor



## Gestational Diabetes

A type of diabetes that can develop while pregnant to women who do not already have diabetes.



Typically, this condition occurs when your body can't make enough insulin during pregnancy. It is important to get tested for gestational diabetes to protect both your health, as well as the baby's. To learn more, visit [Gestational Diabetes | CDC](#).

## Type 1 Diabetes

Type 1 diabetes is a condition where the pancreas produces little to no insulin. Though this form of diabetes can occur at any age, it is typically seen in children and young adults. Though type 1 diabetes has no cure, the treatment focus is on managing blood sugar through insulin and focusing on daily healthy habits such as diet. [Type 1 Diabetes | NIDDK \(nih.gov\)](#)

## Type 2 Diabetes

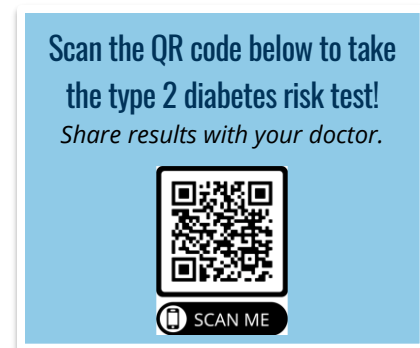
Type 2 diabetes is the most common form of diabetes. This condition is diagnosed when your body doesn't use insulin properly and cannot regulate your blood sugar levels. Nearly 90-95% of the 34+ million Americans diagnosed with diabetes have type 2.



### Type 2 Diabetes Risk factors include:

- Having prediabetes
- Being overweight
- Being 45+
- Having an immediate family member with type 2 diabetes
- Are physically inactive (less than 150 minutes/week)
- Have had gestational diabetes
- Are African American, Hispanic/Latino American, American Indian, Alaska Native, Pacific Islander, Asian American

Click [here](#) to learn how you can prevent type 2 diabetes!



## CareFirst Resources

- [Scale Back Diabetes Prevention](#) – Cut your risk of developing diabetes in half. The diabetes prevention program can help you lose 5-10% of your body weight. To find out if you are eligible take the online assessment from your Sharecare account. From the Achieve section, select Programs, then click Scale Back to begin the assessment.
- [One-on-One Health Coaching](#) – If you've already been diagnosed with diabetes, we encourage you to receive additional support to help improve your overall well-being by enrolling in disease management coaching at 877-260-3253 and press option 7.

### Check-Out Other November Wellbeing Awareness Dates:

**November 3, 2021:** National Stress Awareness Day

**November 14, 2021:** World Diabetes Day

**November 18, 2021:** Great American Smokeout

**November 25, 2021:** National Family Health History Day

## New to CareFirst Wellness!

### Wallet

Under "Health Profile" in the CareFirst well-being platform, there is a new feature, **Wallet**. Here you can upload 4 images, such as your vaccination card, insurance card, and even your driver's license to have pictures at your fingertips. Check it out next time you log-in!

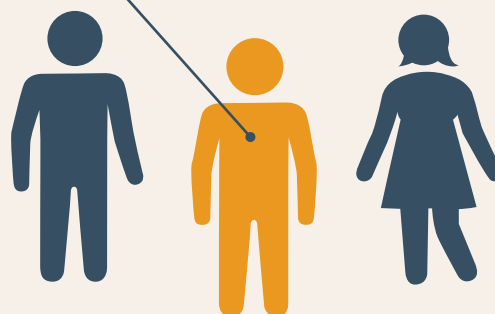
# PREDIABETES

COULD IT BE YOU?

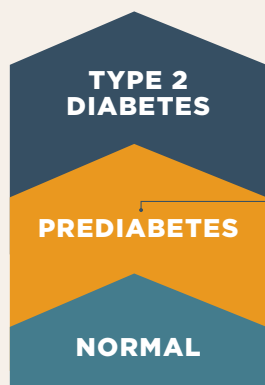
**88  
MILLION**

88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3

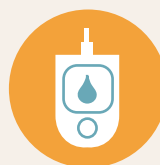


**MORE THAN 8 IN 10** adults with prediabetes don't know they have it



With prediabetes, your blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



**TYPE 2  
DIABETES**



**HEART  
DISEASE**



**STROKE**



If you have prediabetes, losing weight by:



**EATING  
HEALTHY**



**BEING  
MORE  
ACTIVE**

can cut your risk of getting type 2 diabetes in

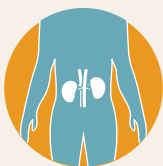
**HALF**



**If you ignore prediabetes, your risk for type 2 diabetes goes up — type 2 diabetes increases your risk for serious health complications:**



**BLINDNESS**



**KIDNEY FAILURE**



**HEART DISEASE**



**STROKE**



**LOSS OF TOES, FEET, OR LEGS**

## **YOU CAN PREVENT TYPE 2 DIABETES**

### **FIND OUT IF YOU HAVE PREDIABETES —**

See your doctor to get your blood sugar tested



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight

### **JOIN A CDC-RECOGNIZED**

diabetes prevention program



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK TEST** AT  
**[www.cdc.gov/diabetes/basics/prediabetes.html](http://www.cdc.gov/diabetes/basics/prediabetes.html)**

#### REFERENCE

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

CDC's Division of Diabetes  
Translation works toward a world  
free of the devastation of diabetes.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

CS313643A



# Know **Diabetes** by **Heart**™

## 4 Questions to Ask Your Doctor About Diabetes and Your Heart



What changes can I make to take care of my heart?



What can I do before my next appointment?



How will I know if the changes I've made are making a difference?



What resources can help me learn more?

**Start simple: Make an appointment to talk with your doctor. You can lower your risks.**

You're not in this alone. Find answers to your questions and join the initiative at: <https://KnowDiabetesbyHeart.org/join>



Adults with diabetes are

**2X** MORE LIKELY TO HAVE A HEART ATTACK OR STROKE THAN PEOPLE WITHOUT DIABETES.

All it takes is one conversation to start reducing your risk.

If you have type 2 diabetes, **learning about your higher risk** for heart disease and stroke is one of the best ways you can take care of yourself.

**Millions of people with diabetes are leading healthy lives.**  
And you can too.

### FOUNDING SPONSORS



Boehringer  
Ingelheim



### NATIONAL SPONSORS



SANOFI



AstraZeneca



# UMC IN THE NEWS – October 2 – November 5, 2021

UMC Staff are reminded to direct **ALL MEDIA INQUIRIES** to Toya Carmichael,  
VP of Public Relations @Tcarmichael@united-medicalcenter.com.



October 4, 2021 – Katia Pechenkina – [In addition to COVID concerns, D. braces for the flu](#) – Afro News

October 20, 2021 – Dee Dwyer / Margaret Barthel - [‘We Are Literally Terrified Of Giving Birth’: The Road To Motherhood Is Different For Black Women Around D.C.](#) - DCist



For the latest information on the District Government's response to COVID-19 (Coronavirus), please visit [coronavirus.dc.gov](https://coronavirus.dc.gov).

Cases as of November 3, 2021

	Total Number Positives	
All	64,708	
Race		
Unknown	258	
American Indian/Alaska Native	110	
Asian	1,330	
Black/African American	33,725	
Native Hawaiian/Pacific Islander	132	
Two or More Races	13,423	
White	15,728	
Ethnicity		
Unknown	6,477	
Hispanic or Latino	10,044	
NOT Hispanic or Latinx	48,173	